

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 06-26-07)

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### A726 - HAM, WATER ADDED, FULLY COOKED, SLICED, FROZEN, 5 LB



### Nutrition Information

Pork, cured, ham, boneless, cooked

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Ham, water added, cured, boneless, fully cooked, and sliced. Sliced ham is 97% fat free (3% fat).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>8/5 lb hams per case.</li> <li>One 40 lb case AP yields 32.8 lb cooked lean meat and provides about 524.0 1.22-oz servings sliced ham water added.</li> <li>One 5 lb pkg AP yields 4.1 lb cooked lean meat and provides about 65.6 1.22-oz servings sliced ham water added.</li> <li>One 1b AP provides 0.82 lb lean cooked meat and provides about 13.1 1.22-oz servings sliced ham water added.</li> <li>CN Crediting: 1.22 oz sliced ham water added provides 1 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen ham in its original shipping container off the floor at 0 °F or below.</li> <li>Refrigerate leftover ham covered and labeled in a dated container and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	1.22 oz (35 g)
Calories	40
Protein	6.51 g
Carbohydrate	0.43 g
Dietary Fiber	0 g
Sugars	0.61 g
Total Fat	1.42 g
Saturated Fat	0.49 g
Trans Fat	0.01 g
Cholesterol	19 mg
Iron	0.30 mg
Calcium	3 mg
Sodium	423 mg
Magnesium	7 mg
Potassium	117 mg
Vitamin A	15 IU
Vitamin A	4 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Ham may be served chilled or heated.</li> <li>• TO THAW: Remove the amount needed from frozen storage. Thaw in refrigerator at 36-45 °F for 48 hours. Use thawed ham within 24 hours.</li> <li>• One or more freeze/thaw cycles of this product will cause moisture loss and affect quality.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve ham cold in a hoagie or hero sandwich, or serve hot in a breakfast egg sandwich.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods.</li> <li>• Keep meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>